



# NCARNG Weekly Safety Newsletter



May 27, 2016

## North Carolina State Safety Office Contacts

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For more information  
Visit us at [NCGKO](#)  
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For more Safety  
information visit  
[US ARMY  
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## Boating Safety

No matter how much experience you have, it's always a good idea for everyone to review boating safety rules before departures. Below you will find 10 basic boating safety tips to help you



### 1. Be Weather-Wise

Always check local weather conditions before departure. If you notice darkening clouds, volatile and rough changing winds or sudden drops in temperature, play it safe by getting off the water.

### 2. Follow a Pre-Departure Checklist

Proper boating safety includes being prepared for any possibility on the water. Following a pre-departure checklist is the best way to make sure no boating safety rules or precautions have been overlooked or forgotten.



### 3. Use Common Sense

One of the most important parts of boating safety is to use your common sense. This means operating at a safe speed at all times (especially in crowded areas), staying alert at all times and steering clear of large vessels and watercraft that can be restricted in their ability to stop or turn. Also, be respectful of buoys and other navigational aids, all of which have been placed there to ensure your own safety.

### 4. Designate an Assistant Skipper

Make sure more than one person on board is familiar with all aspects of your boat's handling, operations, and general boating safety. If the primary navigator is injured or incapacitated in any way, it's important to make sure someone else can follow the proper boating safety rules to get everyone else back to shore.

### 5. Develop a Float Plan

Always be sure to let someone else, on land, know your float plan. A float plan can include the following information: name, address, and phone number of all passengers, boat type and registration information, trip itinerary, and types of communication and signal equipment onboard.

### 6. Make Proper Use of Lifejackets

Make sure that each passenger is assigned and fitted with a life jacket prior to departure.

### 7. Avoid Alcohol

Practice boating safety at all times by saving the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved and studies have shown that the effects of alcohol are exacerbated by sun and wind.

### 8. Learn to Swim

If you're going to be in and around the water, proper boating safety includes knowing how to swim. Local organizations, such as the American Red Cross and others, offer training for all ages and abilities. Check to see what classes are offered in your area.

### 9. Take a Boating Course

Beginning boaters and experienced experts alike need to be familiar with the boating safety rules of operation. You can learn boating safety rules by taking a local community course or online course to help educate yourself.

### 10. Consider a Free Vessel Safety Check

Take advantage of a free vessel safety check from the US Coast Guard. They offer complimentary boat examinations to verify the presence and condition of certain safety equipment required by state and federal regulations.

Visit [www.discoverboating.com](http://www.discoverboating.com) for more information







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Do you know the most common cancer experienced by young adults? Skin cancer. Skin cancer is caused by being exposed to ultraviolet (UV) light. UV light comes from sunlight, indoor tanning booths, and excessive exposure to x-rays. Melanoma is the most common, and by far the most deadly, form of cancer for young adults ages 25-to-29 and the second most common form of cancer in 15-to-29 year olds.

Although exposure to sunlight helps your body make Vitamin D, most dermatologists suggest limiting your time directly in the sun to no more than 15 minutes a day. Most skin cancers are strongly related to the amount of sun exposure a person has during their life. The good news is that you can still work and play outside—and reduce your risk—by following these five tips.

### 1. Going Outside? Slather on Sunscreen!

Since all sun exposure adds up, take precautions every day.

- Choose a sunscreen with SPF (sun protection factor) 30 or more.
- Apply sunscreen even if it's cloudy, cold, or hazy outside. UV rays pass through clouds and can reflect off snow, sand, and water, which can cause more damage.
- Apply sunscreen 30 minutes before you go outside or in the water to allow it to absorb into the skin.
- Apply sunscreen every two hours. Re-apply more often if you're sweating heavily, toweling off, or in the water. There's no such thing as truly "waterproof" sunscreen.

### 2. Seek Shade

Summer means long days spent outdoors. Staying in the shade, when possible, is an easy way to protect your skin. Construct shades, such as a canopy or tent, if possible.



### 3. Cover Up

Don't leave the house without the following items:

- Hat: Your scalp needs to be protected, too. Choose a hat that protects as much of your eyes, head, and neck as possible.
- Clothing: Choose loose-fitting layers that cover your arms, legs, and torso. If you can see light through the fabric, then UV rays can get through too.
- Eyewear: Find sunglasses that block UV rays with a wraparound design. This type will protect you from rays that come from the side as well as the front.

### 4. Stay Hydrated Before, During, and After Time in the Sun

Skin is your body's largest organ. The water content in your skin helps it perform its protective functions. Make sure to drink plenty of water before, during, and after any time spent in the sun.

### 5. If You Get Sunburned, Soothe Your Skin

If you end up with a sunburn, try to avoid being out in the sun until your skin heals. Soothe and moisturize your burn using a cold compress or ice to cool the skin, and applying aloe-vera or moisturizing lotion several times a day. If necessary, take an Aspirin or Tylenol with lots of water. If you show signs of severe sun poisoning such as blistering, facial swelling, fever and chills, headache, confusion, or dehydration, seek medical attention immediately.

\*\*Article from [www.guardyourhealth.com](http://www.guardyourhealth.com)

